

El Morro

Fort Buchanan

VOL. 46 ISSUE 2

The Sentinel of the Caribbean

SEPTEMBER 2010

Fort Buchanan services survey begins

By The Plans, Analysis and Integration Office

Fort Buchanan's annual Customer Service Assessment, sponsored by Installation Management Command Headquarters, began, Aug. 30.

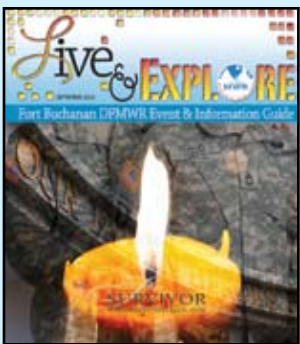
Available online at www.mymilitaryvoice.org until Sept. 24, it collects feedback from leaders, Soldiers, Family Members, Civilians, retirees and veterans on garrison service delivery. This includes services from Family and Mo-

rale, Welfare and Recreation facilities, housing, military personnel services, transportation, religious services and more. This is the opportunity for all customers of these services to let the garrison leadership know what is important

to them and how the garrison service providers have performed over the past year. As well as rating service delivery, survey participants will have an oppor-

See **SURVEY** pages 8

FMWR Inside



New Gate Hours

The PX gate will now operate 24/7.

Vega Gate will operate from 5:00 a.m. to 9:00 p.m., Mon. - Sat. and on Sundays/Holidays from 9:00 a.m. to 7:00 p.m.

DES News

Fort Buchanan has escaped widespread household fires such as have been occurring at other Installation Management Command garrisons recently which makes the National Fire Prevention Week as relevant as ever.

See page 5 for the calendar of the week's events, which begin on Oct. 3 and end with an open house at the Fire Station on Oct. 9.



Photo by Luis Delgadillo

Jesús Galves, supervises members of the Directorate of Public Works as they place storm shutters on Fort Buchanan's Welcome Center Aug. 30.

By Luis Delgadillo
Fort Buchanan Public Affairs

Hurricane Earl is history now but it served Fort Buchanan as a convenient backdrop to implement emergency plans, which were months in the making.

During that time the civilian and military workforce here created some intensity of their own.

As Fort Buchanan residents now face the latter and most active part of hurricane season,

garrison leadership is confident it has a team fully capable of handling the potential assembly-line of storms.

Leading up to the passing of Earl the night of Aug. 30 to 31, just 100 miles north of Puerto Rico, the installation steadily progressed through each of the five Hurricane Conditions, or HURCON stages.

The most dramatic stage of the HURCON is undoubtedly HURCON 1, which signals the closure of the post and the ceas-

ing of all garrison support activities. Installation leadership initiates these measures so the workforce and tenants can get to their homes to make final preparations for the arrival of storms.

Monday, when HURCON 1 was declared at 1:05 p.m. the arrival of the storm was imminent.

With the garrison directorates' roles clearly defined the section with the largest role was alerted to prepare its quick response teams.

Led by Director Pasqual Quiñones, the Directorate of Public Works' teams of craftsmen, electricians, engineers and laborers were ready for the night time arrival of the storm.

Though Earl's winds did not cause injury to anyone or significant damage to facilities, the overnight gusts were enough to push tree limbs into power lines, and scatter debris all over Fort Buchanan, resulting in short cir-

See **STORMS** page 9



El Morro

Garrison Commander
Col. John D. Cushman

Deputy to the Garrison Commander
Gunnar G.F. Pedersen Jr.

Deputy Commander
Lt. Col. Gerald R. Savage Jr.

Garrison Command Sergeant Major
Command Sgt. Maj. David G. Davis

Public Affairs Officer
Grissel Rosa

Media Relations
Pedro Silva

Command Information
Luis Delgadillo

1st Mission Support Command
Public Affairs Officer
Sgt. 1st Class Alfonso Flores

Mailing address —
Public Affairs Office
Building 390 Crane Loop Ste. 311
Fort Buchanan PR, 00934-4616

Story submissions —
E-mail to: luis.delgadillo@us.army.mil

Telephone numbers —
(787)707-5776/5762 Fax: (787)707-3362

1st MSC submissions —
E-mail to: alfonso.flores@us.army.mil

1st MSC telephone numbers —
(787)567-0246 Fax: (787)707-4988

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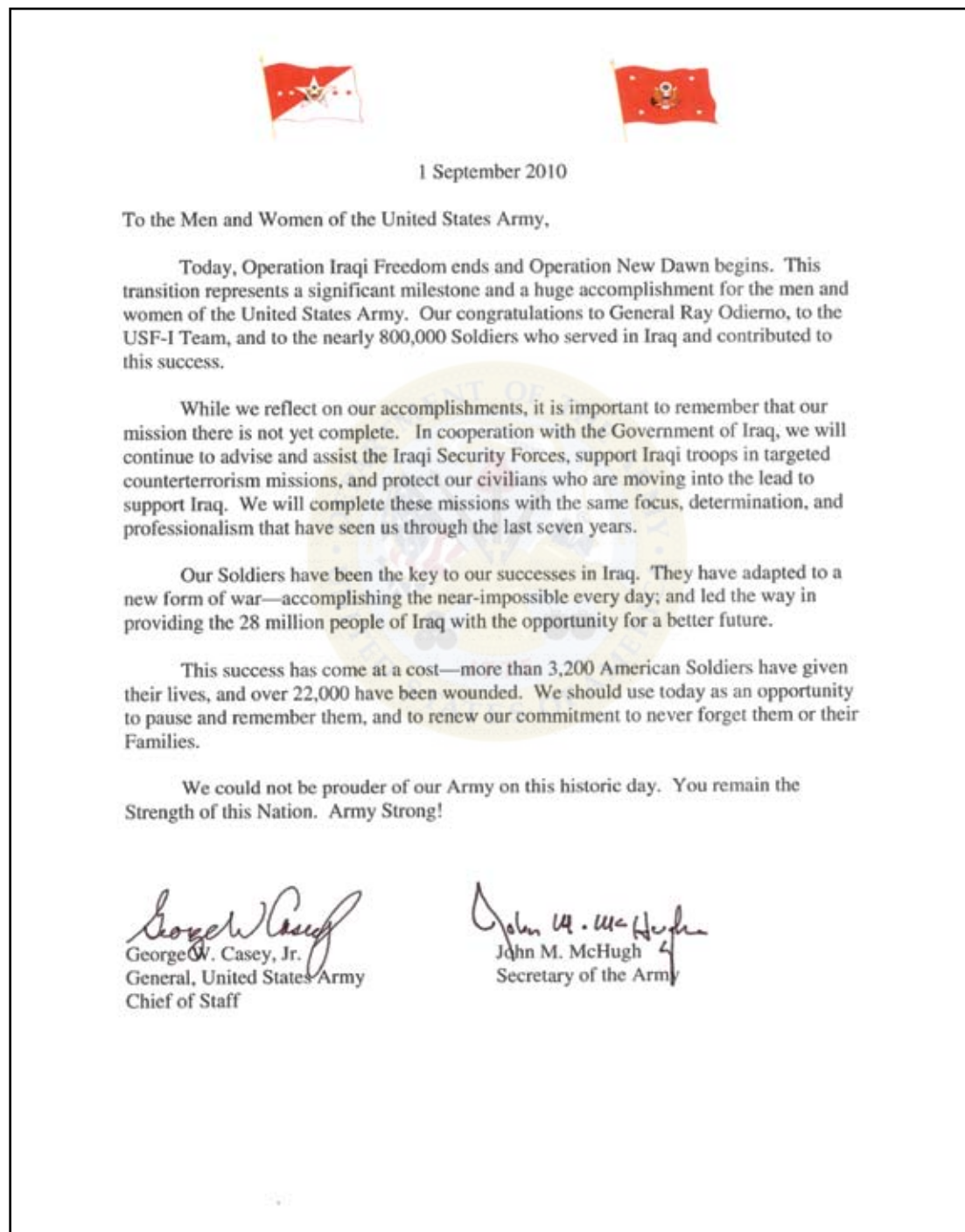
All editorial content of El Morro is prepared, edited, provided and approved by the U.S. Army Garrison Public Affairs Office. For guidance on how to submit items for publication e-mail the garrison Public Affairs Office.

The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El Morro.

Every effort will be made to publish submissions in a timely manner. However, time, layout, style and editorial considerations, as well as determinations for publication, are made by the Commander or the Public Affairs Office.



SA-CSA Open Letter to the Troops



Customer Assessment Survey

Fort Buchanan cares about our workforce and community members.

We need your support and feedback to help us assess our services. In order to keep serving you at our best, we will conduct the 2010 Customer Assessment Survey from Aug. 30 until Sept. 26.

During this time, we ask everyone who lives, works or does business on Fort Buchanan to take the survey and provide ratings for all of the Garrison's services.

You can access the survey by going to www.mymilitaryvoice.org.

It takes about 15 minutes to complete. This survey empowers you, our customers, to have a real voice in evaluating all services provided by the installation. Your voice as a military customer will let us know how we are doing. You are a valued team member of Fort Buchanan! Therefore your feedback is important! I invite you to take the survey today.

If you need additional information, assistance or have any other questions please contact the Plans, Analysis and Integration Office at (787) 707-2747/2207.

The Army's Backbone *By Command Sgt. Maj. David G. Davis*

Not delivering on promises can call into question your integrity so avoid those pitfalls and follow through

Albert Einstein regarded as one of the most influential and best known scientists and intellectuals of all time said, "Try not to become a man of success. Rather become a man of value."

The article I wrote last month was about the Army value, loyalty. To me the very bedrock of loyalty is trust. Now, allow me a moment to talk about Integrity. As a leader, it becomes all too simple to make promises to people through statements such as – tasks you

will take on, things you will improve, and opportunities that you are given your word to and promised. However, the true test of a leader is your follow-through; can you deliver on those promises in the actions you take?

Integrity is straightforward: you do what you say you're going to do. If you do not keep your promises – you are not acting with integrity. If you keep your promises – you act with integrity. It's that simple. Moreover, if you put yourself

out as trustworthy and faithful, then that is the expectation people will have of you.

If you tell me you will complete the mission on Wednesday and it is not completed on Wednesday, your integrity becomes questionable. You're not dependable.

If you finish a project as you agreed, you are honest in truth and deed.

If you say I will be loyal, and then act in a manner that brings into question your loyalty, your integrity is in question. That is

why integrity commands us to disclose conflicts so that what we say and who we appear to be is in synch. The good thing about integrity is you can learn from bad experiences. Integrity can be your guide, either deliver on your promises or renegotiate them.

In my opinion, without integrity, we lose our kindness our compassion and become something else ... something less.

ARMY STRONG!

Defender 6 sends

Community Outreach: Keeping the Promise Together

Our Soldiers have been steadfast in their service to the nation during the past nine years of conflict. Their Families have been just as constant in their own dedicated service, providing the strength and support that enables Soldiers to do their jobs.

Our Soldiers and Families persevere in their service to the nation in the face of repeated deployments and even greater challenges.

It is heartening to know that we are not in this alone-our fellow citizens want to understand what we are experiencing and share a deep desire to support us where they can. Sometimes they simply do not know where to begin or how to make the connection to channel their appreciation and support into action. That is why reaching out to the communities around us is so vitally important.

The Army has a long history of supportive relationships with surrounding communities. San Antonio, Texas, claims the title of Military City USA, but many more communities could lay equal claim, their ties with the installations in their areas being as long-standing and deep-rooted. Over the years, the Army has also developed strong relationships with local, state and national organizations that provide a wide range of support for Soldiers and Families, including programs focused on health care, education, child development, employment, financial aid, and morale and recreation.

Now those relationships are more critical than ever. The Army cannot always offer the most comprehensive assistance for the number and kinds of challenges that our Soldiers and Families face. This is especially true for National Guard, active Reserve and active component Soldiers and Families who live far from installations. The great need for support and the great demand on our resources require us to reach out to those who can help us keep our promise to Soldiers and Families. A volunteer, a local service provider or a state or national organization may

be able to offer expertise, material assistance, support services, or even just human contact that fills a critical need, especially for the Soldier or Family member who is not near an installation.

The support that communities and organizations give to Soldiers and Families has become so important that the Army Community Covenant was launched in April 2008 to formalize and facilitate the relationships. To date, communities in 49 states, three territories and the District of Columbia have conducted more than 500 covenant signing ceremonies, pledging to find ways to enhance the quality of life for Soldiers and Families.

These ceremonies publicly recognize and celebrate the communities' commitments, but they are not an end in themselves. They are an important step in taking action to link support to specific Soldier and Family needs. The crucial first step is building relationships.

Effective community outreach is broader than a covenant. It begins with building strong, real relationships. Americans are inspired to offer their support when they learn more about military life and gain a deeper understanding of the personal challenges that Soldiers and Families experience.

It is crucial that Army leaders make every effort to get to know local leaders, to attend town halls, Chamber of Commerce meetings and other events, and to invite local leaders and community members to attend events on post. Army leaders must be

prepared to answer when local leaders ask, "How can we help?" Americans are generous and compassionate-if you let them know how they can help, they will.

I know from firsthand experience what the power of community support can do for Soldiers and their Families. One recent example is when I was the III Corps and Fort Hood Commander and worked to establish a Resiliency Campus, which gathers in one area a number of programs to support Soldiers' and Families' mental, spiritual and physical well-being. As Senior Commander I was able to dedicate the space on post and ensure that infrastructure improvements were made, but it was the embrace of the community outside the gate, their contributions of materials, services and expertise, that made the campus a reality.

We have several valuable resources to help Soldiers and Families locate and access programs and services available to them. Army One Source, at <http://www.myarmyonesource.com/>, is a single portal for information on a wide range of services, including housing, health care, employment, education, childcare and Family services. AOS includes information on how to contact the nearest Army community support coordinator. Community support coordinators work to make connections between local resources and Soldiers and Families, especially for those who live far from an installation.

The Army Community Covenant Web site, at www.army.mil/community,

has information on more than 600 national, state and local programs that offer education, employment, family, financial, survivor, wounded warrior and other kinds of support. The Web site regularly adds informa-

tion on new programs as we continue to build relationships with local, state and national organizations. The site also has ideas and resources for Army leaders to reach out to the communi-



Lt. Gen. Rick Lynch, Defender 6

ties around them, and for community members and organizations who want to offer support.

All of these resources-the Army Community Covenant resources, the community support coordinators, the advice and ideas of fellow leaders posted on <http://www.garrisoncommand.com/>, and the expertise of professionals on installations-help Army leaders build and strengthen relationships with communities and find innovative ways to take care of Soldiers and Families.

We have become more effective at our community outreach efforts in recent years, but our efforts meet with such success because our communities are eager to meet us halfway. They readily and generously express their gratitude and support for our Soldiers and Families. Our challenge is to meet them all the way, to clearly communicate our needs and facilitate their support for us. The support and contributions from our communities will enable us to keep our promise to provide Soldiers and Families a quality of life commensurate with their service.



Army opens resilience evaluation to DA civilians

Army News Service

WASHINGTON -- The Army has extended its concern about the mental fitness of Soldiers and their families to the civilians that serve stateside, abroad and in combat zones.

Department of the Army civilians are encouraged now to have their psychological resilience evaluated by the civilian version of the “Global Assessment Tool,” which is part of the Army’s “Comprehensive Soldier Fitness” program.

Three versions of the GAT are available now, through Army Knowledge Online. One version for Soldiers, one for their families, and now one for civilians. All three measure the same things, though with different questions, said Capt. Paul B. Lester, a research psychologist with the Comprehensive Soldier Fitness Office.

"The factors are pretty much the same -- we're looking at social, emotional, spiritual and family fitness," Lester said. "A lot of the same things

that are important to resilience to Soldiers are absolutely as important to civilians.”

The military version of the online evaluation is mandatory for Soldiers -- so far more than 700,000 Soldiers have completed it. Army civilians, however, are not required to take the GAT -- though they are encouraged to do so, Lester said.

Civilians can expect to spend about 15 minutes completing the online survey, and afterward they are given feedback about how they did.

“It’s a self-awareness tool to help them get an idea of where they are strong, and also where they can improve,” Lester said. “It gives you an idea of where you are on the resilience continuum.”

After that, he said, GAT participants will have access to “comprehensive resilience modules,” the same ones that Soldiers are doing, to help them improve their mental toughness.

“The skills we are providing are life skills,” Lester said. “It’s not only how

to respond to and be resilient in the face of extreme adversity, as in combat setting, but how to deal with everyday stressors in family, at work, and in your personal and professional life.”

There are some DA civilians who are deployed now to combat zones like Iraq or Afghanistan, Lester said. And while those civilians are not supposed to actually be participating in combat -- that's the job of Soldiers -- life in the combat zone is stressful. So assessing mental fitness and working to improve it is critical for both Soldiers and civilians.

“Psychological resilience in a deployment situation is absolutely critical,” he said. “The work there is hard, the hours long, and the separation from family and friends is challenging.”

Even Army civilians at work state-side or at Army installations overseas can benefit from participating, Lester said.

“We train people, at an individual level, how to be a better team member,” he said. “At the leader level, how being a better team member impacts the overall team. It’s not only individual performance but the additive effect of better individual performance leading to better team performance.”

Lester also said that the results of the GAT are confidential, and that supervisors “will never see” the results of an employee’s participation in the assessment.

Soldiers, Army civilians and family members can all participate in the GAT by visiting the Comprehensive Soldier Fitness Web site at: <http://www.army.mil/CSF/>.

Five dimensions of strength

Physical

Performing and excelling in physical activities that require aerobic fitness, endurance, strength, healthy body composition and flexibility derived through exercise, nutrition and training.

Emotional

Approaching life's challenges in a positive, optimistic way by demonstrating self control, stamina and good character with your choices and actions.

Social

Developing and maintaining trusted, valued relationships and friendships that are personally fulfilling and foster good communication including a comfortable exchange of ideas, views, and experiences.

Family

Being part of a family unit that is safe, supportive and loving, and provides the resources needed for all members to live in a healthy and secure environment.

Spiritual

Strengthening a set of beliefs, principles or values that sustain a person beyond family, institutional, and societal sources of strength.



Fort Buchanan Bible Study

(Non denominational)

Time: Thursday's at 12 to 12:30

**Location: Community Club
(Coqui Room)**



Sponsored by the Garrison Chaplain's Office
For more information contact: 707-3904

"We encourage you to buy lunch at the Community Club and join us."

Early start to National Fire Prevention Week

FPW starts in October but the Fort Buchanan Fire Department has a sneak peek of the week's events, which will feature Sparky the Robot

By Axel Miranda
For the Fort Buchanan Public Affairs Office

Smoke alarms have saved thousands of lives since they became available to the general public. They are a necessity as a safety tool for homes as it has been proven that the chances of dying in a fire are half of what they would be if a home didn't have a smoke detector. The ready availability of home smoke warning units started in the early 1970s and sales grew rapidly when the price fell due to healthy competition amongst manufacturers.

Smoke alarms are purposely built to warn and protect those inside buildings from potential fire accidents. The detection units should be installed in rooms and parts of houses in which people sleep or take a rest. Smoke alarms close to kitchen appliances may result in nuisance alarms, so choose you're positioning carefully. At least one unit for each level and it's a good idea to install in rooms where there is a lot of electrical equipment like TV's and computers.

There are two types of household smoke alarms, the photoelectric type and ionization. The ionization alarm type is more sensitive and reacts quickly to hot flaming fires. The photoelectric alarm type detects fires faster and is more likely to react to heat being generated in the kitchen when cooking.

Smoke alarms can operate using a 9 volt battery which usually lasts for about a year. The chirping of a detector every 20 seconds signals the need

Fort Buchanan Fire Prevention Week Calendar					
Oct. 4	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
7:40 - 8:20 a.m. Antilles Middle School Sparky the Robot 9:00 a.m. Headquarters building 390, Proclamation, distribute materials. 9:30-11:00 a.m. AAFES Sparky the robot; distribute materials.	9:00-10:00 a.m. DECA Sparky the Robot, distribute materials. "Fire Prevention Classes"	9:00-10:00 a.m. 1st MSC Sparky the Robot, distribute materials 10:30-11:30 a.m. FMWR Activities (Community Club, Golf Course, etc.) Sparky the Robot, distribute materials	8:00-9:45 a.m. Antilles Elementary School, Sparky the Robot. Fire Prevention DVD's 10:00-11:00 a.m. AAFES/DECA "Fire Prevention Classes" 1:15-1:45 p.m. AES Cafetorium Sparky the Robot, DVD.	9:00 a.m. AAFES Food Court Fire Safety Poster Contest Winners 9:30-10:30 a.m. Child Development Center Sparky, distribute materials 6:00-8:00 p.m. Basketball Court (Crane Loop) Cook Out (housing residents only)	10:00-1:00 p.m. Fort Buchanan Fire Department Open House

for a replacement battery. Some smoke detectors can be operated using the household power source, so this means no need for the battery to be replaced as often.

This type of alarm unit also has a back up battery just in case the power fails. Photoelectric and ion smoke alarms should be tested monthly as well as their batteries to ensure maximum safety. It is estimated that nowadays around 93% of US homes have at least one smoke detection unit. It is also estimated that at least 30% of those units don't work because the batteries are dead or haven't been replaced

“Smoke alarms close to kitchen appliances may result in nuisance alarms, so choose you're positioning carefully.”

Set a Replacement Schedule

The easiest way to keep track of when you change the batteries is to follow the time change schedule. Remember to install new batteries and follow manufacture's recommendations.

The batteries you take out of the detectors can be used in your child's toys so you're not throwing away batteries that may still have some life in them. Just be sure to store them separately from new batteries you'll be installing in your smoke alarms.

Set a Testing Schedule

Test each detector monthly. A 2008 report from Marty Ahrens, Manager of Fire Analysis Services at the NFPA, cites 43% of fire fatalities between 2000 and 2004 had smoke detectors present but they didn't work. Another 49% of fatal fires occurred when the victim was sleeping and the smoke detector didn't sound.

An average of 75% of fatal fires had smoke detectors in the home but the batteries were missing or disconnected, the NFPA's report says. As tempting as it is to disconnect the battery when burnt popcorn or toast sets it off, open windows to clear the room but leave your smoke detector alone.

By setting up a testing schedule, you'll be able to verify the batteries are installed, connectors are working properly and the alarm is loud enough. Mark your calendar (spring or autumn) and stick to your testing schedule.

The majority of smoke alarms have a maximum of ten years, but if you suspect it needs replacing before then it would be beneficial to do so.

In addition, a fire extinguisher should also be installed in the kitchen (one of the most common starting points for fires).

Review Your Home Fire Safety Plan

Run through your family's fire safety plan at least twice a year when you're changing the batteries or monthly when you're testing your detectors. Hold home fire drills to make sure everyone in your family knows how to get out of the house in case there's a fire. This is particularly important if there are children in the family. Each child should be taught basic fire safety.

If you live in a two-story home, fire escape ladders should be made available in each upstairs bedroom, and everyone in the household should know how to operate them. Plan several mock fire drills each year to practice your evacuation techniques. Be sure to establish a meeting place outside ahead of time so everyone knows where to go (this is an easy way to assure that everyone has gotten out of the house OK). A 1998 study points out that children four and under are particularly susceptible to fire-related injuries and deaths. Help all of your children understand the importance of fire safety through talks, fire safety books and fun child safety activities. Learning home fire safety tips teaches your kids not to be scared but prepared. That means fire alarms, fire extinguishers, appliances, wiring, etc. should all be checked and fire escape plans practiced. Fire safety is definitely a case where an ounce of preventing can save a life.

Basics of fire safety

- 1.) If the smoke alarm goes off, stop and pause and assess the situation before acting. It is VERY important to emphasize to the child that they should not be scared and hide.
- 2.) If they smell smoke, or there is heavy smoke in the room drop to the floor. Smoke is hot and rises, so it is less dense along the floor.
- 3.) If they are in a room with a closed door, teach them to feel the door before opening it. If it's very hot, do not open the door! Seek another way out of the room.
- 4.) If the child should catch on fire, teach them to "Stop, drop, and roll" to extinguish the fire.
- 5.) Do not go back into a burning house to rescue toys or pets.

About Hispanic Heritage Month

Hispanic Heritage Month begins on September 15, the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on September 16, and Chile on September 18.

The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the US of any race. On the 2000 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban, or “other Spanish/Hispanic/Latino.” More than 35 million people identified themselves as Hispanic or Latino on the 2000 Census.

Acerca del mes de la Herencia Hispana

El Mes de la Herencia Hispana comienza el 15

de septiembre, día del aniversario de la independencia de cinco países latinoamericanos -- Costa Rica, El Salvador, Guatemala, Honduras y Nicaragua. Además, Méjico declaró su independencia el 16 de septiembre cuando el Padre Miguel Hidalgo sonó la campana de su iglesia y fomento a su gente a pelear por la libertad. Chile lo hizo el 18 de septiembre.

El término Hispano, tal como lo define el Departamento del Censo de los Estados Unidos, independientemente de su raza. En el formulario del Censo del 2000, personas de origen español/hispano/latino pudieron identificarse como mejicanos, portorriqueños, cubanos, u “otros españoles/hispanos/latinos.” En el Censo del 2000, más de 35 millones de personas se identificaron a sí mismas como hispanas o latinas.



US Army photo

Gonzalo Soanes, mayor of Caguas, explains how his town conducted blackouts to Lt. Col. F. Parra, Maj. Gen. Collins, and Lt. Gen. Andrews, Puerto Rico, November 1941.

TRICARE Programs Change Names, Services in Puerto Rico

FALLS CHURCH, Va. – TRICARE beneficiaries enrolled in TRICARE Puerto Rico Prime and TRICARE Global Remote Overseas (TGRO) will notice some changes when the new TRICARE Overseas Program (TOP) contract begins on Sept. 1.

The most visible change will be the name of the program. Both programs will be rolled up under a new title, TOP Prime Remote, and will be managed by International SOS, Inc. under the new contract.

Currently, Humana Military Services, Inc. manages the TRICARE Puerto Rico Prime contract and International SOS, Inc. manages the TGRO contract. International SOS will also manage overseas TRICARE claims as part of the TOP Contract.

TRICARE Puerto Rico Prime may undergo some basic changes, as some providers in the current network may not opt to join the new network, while new providers may be added as International SOS develops a network there.

Instead of the TRICARE Puerto Rico Prime Call Center, TOP Prime Remote enrollees in Puerto Rico will contact the TOP Regional Call Center in Philadelphia, toll-free, to find providers and seek assistance with scheduling appointments.

TOP Prime Remote enrollees will continue to have access to TRICARE Service Center customer support services on the island. Beneficiaries will receive updated service center contact information by mail. TGRO enrollees will continue to access their TRICARE

benefits under TOP Prime Remote in the same way that they currently do. The three TGRO Alarm Centers will simply change to TOP Regional Call Centers.

All TOP Prime Remote enrollees will enjoy cashless-claimless care under the new contract. Wisconsin Physician Service has been sub-contracted to provide overseas claims service.

When the new contract begins, TOP Standard users in remote areas will have access to TRICARE Regional Call Centers for assistance finding a host nation provider or obtaining benefit information. Otherwise, they will see few changes.

Under the new contract, TOP Prime Remote will establish a disease management program to manage severe and chronic medical conditions. International SOS sub-contracted Healthways, Inc. to manage care for Prime Remote beneficiaries suffering from asthma, diabetes, hypertension, depression and anxiety disorders. They will also assist those who need cancer screening.

Changes for Guard, Reserve

Also beginning Sept. 1, International SOS Assistance, Inc. will begin TRICARE Reserve Select (TRS) enrollment and customer support to overseas-based National Guard and Reserve members. This is part of International SOS' responsibilities under the new TRICARE Overseas Program (TOP) contract. Currently, Humana Military Services, Inc. manages overseas TRS

enrollment and customer service.

TRS is a premium-based insurance program for qualified National Guard and Reserve members that allows enrollees to access TRICARE services in the same manner as TRICARE Standard users.

The TOP contract will not change any policies or processes of the TRS Program. There will be no change in the way TRS enrollees pay their premiums and access their benefits. In the coming weeks, enrollees will receive a letter containing a new enrollment card with updated points-of-contact.

International SOS will also manage overseas TRS claims under the new contract, including those generated by TRS members enrolled stateside while traveling overseas. Additionally, International SOS will process overseas

TRS pharmacy claims. If they are not otherwise covered by the TRICARE pharmacy contract, TOP TRS claims will be processed as TRICARE Standard.

TRS members living or traveling overseas may contact one of the TRICARE Overseas regional call centers to obtain assistance in finding a host nation provider. The contractor is not required to make an appointment on the member's behalf.

TRS customer support and information is available from International SOS by calling toll free from the U.S. at 1-877-451-8659. For country-specific contact information visit www.tricare-overseas.com/trs.htm. For more information about the TRICARE Overseas Program contract, beneficiaries can go to www.tricare.mil/topcontract.



REWARD
\$1,000.00



FOR: Information leading to the arrest and conviction of person(s) unknown responsible for the Larceny of a U.S. Government owned weapon.

The Puerto Rico CID Office initiated an investigation regarding the Larceny of a Government owned M16-A2 Service Rifle, assigned to the 346th Headquarters and Headquarters Detachment, TC BN, Ceiba, PR 00735. Investigation revealed between 20 and 21 Feb 10, unknown person(s), stole the M16-A2 from a tent located in the vicinity of Building 2297, Barnes Rd, Naval Activity Puerto Rico (formerly known as Roosevelt Road Naval Base), Ceiba, PR.

IF YOU HAVE ANY INFORMATION ABOUT THIS INCIDENT PLEASE CONTACT THE PUERTO RICO CID OFFICE AT COMM: 787-707-3845/3843, DSN: 740-3845/3843, E-MAIL: PUERTORICO-CID@CONUS.ARMY.MIL, OR CALL YOUR LOCAL CID OFFICE AND/OR MP STATION.

THE PAYOUT OF CASH REWARDS TO MILITARY AND FEDERAL EMPLOYEES FOR INFORMATION LEADING TO A CONVICTION IS CONTINGENT UPON THEIR EXCEPTIONAL ACTIONS REGARDING THE INFORMATION PROVIDED

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USACTDC (ROT) 0013-10-CID253-21493.

Soldier claims bronze at Military World Wrestling Championships

By Tim Hipps

Family and MWR Command

LAHTI, Finland Army News Service -- All-Army wrestler Pvt. Angel Cejudo took home a bronze medal at the Conseil International du Sport Militaire's 27th World Military Wrestling Championships Aug. 12 in Lahti, Finland.

Cejudo, who trains with the U.S. Army World Class Athlete Program wrestlers at Fort Carson, Colo., defeated Zhan Safian of Belarus 0-2, 3-0, 2-1 for third place in the 66-kilogram/145.5-pound freestyle division. Cejudo dropped the first period after getting turned in a front headlock. In the second period, he used movement and quickness for three takedowns without allowing a point. In the final period, Cejudo attacked a leg for the last takedown and deciding point.

"Coach Lewis said to keep scoring," said Cejudo, who had WCAP head coach Shon Lewis in his corner. "He trusted me to get the takedowns. I didn't let the pressure off my opponent."

Cejudo lost in the semifinals to Mohammad Naderi, 2-1, 1-1, 0-1. Cejudo was seven seconds away from winning the match in the second period when Naderi scored. In the final period, Naderi landed a takedown with 1:37 left to notch the victory. Naderi went on to win the gold medal. In his first bout, Cejudo quickly defeated Mohammed Karbou of Morocco, 7-0, 7-0.

(CISM U.S. Team Captain Van Stokes, deputy director of Family and Morale, Welfare and Recreation at Fort Campbell, Ky., contributed to this article.)



Photo by Dirk De Vos, CISM Public Affairs

All-Army wrestler Pvt. Angel Cejudo, right, who trains with U.S. Army World Class Athlete Program and wrestlers at Fort Carson, Colo., defeats Zhan Safian of Belarus 0-2, 3-0, 2-1 for third place in the 66-kilogram/145.5-pound freestyle division of the Conseil International du Sport Militaire's 27th World Military Wrestling Championships Aug. 12 in Lahti, Finland.

MAKING A POSITIVE IMPACT ON AMERICAN SOCIETY
LOGRANDO UN IMPACTO POSITIVO EN LA SOCIEDAD NORTEAMERICANA

HISPANIC

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Survivor Outreach Services (SOS) Program Life Skills Classes:

Every Wednesday from 1:00 p.m. – 3:00 p.m.
at ACS, Bldg. 1019-D Buchanan Heights

Topics of the Month

Financial: Surviving Budgeting

Emotional Support: "Why me? It's not fair."

For information please call
Minerva Rosado, Support Coordinator,
787-707-3692

or
Liza Roman, Financial Counselor,
787-707-3356

via e-mail: fermina.roman@us.army.mil
minerva.rosado1@us.army.mil

"We can help you cope with your loss, for as long as you desire"

September is National Suicide Prevention month

A Note from the Army Substance Abuse Program

By Myrna M. Llanos

Army Substance Abuse Program
For Fort Buchanan Public Affairs

The Army is committed to the health, safety and well-being of its Soldiers, DA Civilians and Families. To emphasize this commitment, the Army is joining the Nation in observing National Suicide Prevention Month during the month of September 2010. The Army's observance during the entire month of September will use "Shoulder to Shoulder - I Will Never Quit on Life" as this year's theme. Each one of us has a responsibility and commitment to reach out and help our fellow Soldiers and DA Civilians and family members who need the strength of the Army. Together we will make a difference by helping those at risk and prevent suicides.

Several activities will take place during the month: Suicide prevention education information will be distributed at the Installation Gates. Manned

booths will be set up at the PX, Welcome Center, Rodriguez Army Health Clinic and Fitness Center with information on suicide awareness and prevention. Banners and posters will be displayed. The main intent is to familiarize Soldiers, DA Civilians and families with Army and local agencies/programs and tell them how to access them. Ensure Soldiers know the Installation Chaplain Services and how to contact them.

We would rather not talk about it. We hope it will never happen to anyone we know. But suicide is a reality, and it is more common than you might think. The possibility that suicide could claim the life of someone you love cannot be ignored. By paying attention to warning signs and talking about the "unthinkable," you may be able to prevent a death.

Who is at risk?

People likely to commit suicide include those who:

- are having a serious physi-

cal or mental illness,

- are abusing alcohol or drugs,
- are experiencing a major loss, such as the death of a loved one, unemployment or divorce,
- are experiencing major changes in their life, such as teenagers and seniors,
- have made previous suicide threats.

Why do people commit suicide?

There are many circumstances, which can contribute to someone's decision to end his/her life, but a person's feelings about those circumstances are more important than the circumstances themselves.

All people who consider suicide feel that life is unbearable. They have an extreme sense of hopelessness, helplessness, and desperation. With some types of mental illness, people may hear voices or have delusions which prompt them to kill themselves.

People who talk about committing suicide or make an attempt do not necessarily want to die. Often, they are reaching out for help. Sometimes, a suicide attempt becomes the turning point in a person's life if there is enough support to help him/her make necessary changes.

If someone you know is feeling desperate enough to commit suicide, you may be able to help him/her find a better way to cope. If you yourself are so distressed that you cannot think of any way out except by "ending it all," remember, help for your problems is available.

What are the danger signs?

Some warning signs that a person may be suicidal include:

- repeated expressions of hopelessness, helplessness, or desperation,
- behavior that is out of character, such as recklessness in someone who is normally careful,

• signs of depression - sleeplessness, social withdrawal, loss of appetite, loss of interest in usual activities,

- a sudden and unexpected change to a cheerful attitude,
- giving away prized possessions to friends and family,
- making a will, taking out insurance, or other preparations for death, such as telling final wishes to someone close,
- making remarks related to death and dying, or an expressed intent to commit suicide. An expressed intent to commit suicide should always be taken very seriously.

Some of the information was obtained from the Canadian Mental Health Association. This is general information only and it is not a substitute for professional advice.

For assistance contact the Religious Support Office @ 787-707-3904 For additional information: Phone 787-707-3125 / e-mail: myrna.llanos@us.army.mil



I WANT TO TAKE THE

CUSTOMER SERVICE ASSESSMENT

**TO RATE THE IMPORTANCE and PERFORMANCE
of Fort Buchanan Garrison services.**

Survey is open to all eligible patrons from Aug. 30 through Sept. 26, 2010.

VISIT WWW.MYMILITARYVOICE.ORG TO PARTICIPATE



CUSTOMER MANAGEMENT SERVICES

A three tiered feedback mechanism that includes:

Interactive Customer Evaluation, Community FIRST and Customer Service Assessments

Contact Plans, Analysis and Integration Office (PAIO): Ms. Awilda Morales, ICE Manager, 787-707-2207, e-mail awilda.morales@us.army.mil or Mr. Josian Sanchez, Management and Program Analyst, 787-707-2747, e-mail josian.sanchez@us.army.mil

SURVEY, from page 1

tunity to provide comments about what has been done and where there maybe opportunities for improvement.

"The annual Customer Service Assessment is just one method for the garrison to get the "Voice of the Customer", said Josian Sánchez, a management and program analyst with the Plans, Analysis and Integration Office. Survey results will be reported separately by the different constituent groups.

"The best way the garrison commander and directors can get an accurate picture of customer satisfaction and expectations is from maximum participation. For this year's survey, we will be making a big push to get more feedback from all constituent groups," Sánchez said. Their input will enable garrison leadership to determine where improvements can be made.

For more information on the 2010 Customer Service Assessment, contact Josian Sánchez at (787)707-2747 or via e-mail at josian.sanchez@us.army.mil. You can also contact Awilda Morales, the ICE manager at (787)707-2207 or via e-mail at awilda.morales@us.army.mil.

STORMS, from page 1

Efforts involving civilian workforce result in well-coordinated and efficient action by Fort Buchanan

cuits and outages.

Javier Moyet and Luis Ramos both high voltage electricians, were dispatched throughout the night to fix power lines that were being shorted by tree branches. The first of which occurred shortly after nightfall.

"We started searching for the source of the short around 8:15 p.m. when we got the call, when we arrived to the health clinic we noticed that a branch was touching power line," Moyet said.

Using chain saws and other tree trimming equipment Moyet, Ramos and other members of the electrical crew cleared branches from the line and one other before finally completing their tasks just after 2:00 a.m.

Having started their normal workday on Monday at 7:00 a.m. it was a surprise that a day later and after working most of the night to the 31st Moyet and his fellow DPW workers' spirits hadn't dampened. At armed forces centers all over Puerto Rico the biggest issue turned out to be generators running dry after power supplied by surrounding municipalities went out.

As a supporter of all infrastructure needs for the 11 armed forces centers island wide Fort Buchanan dispatched teams to address every issue.

"The response after the storm by the DPW crews, to ensure that Fort Buchanan's roads and other infrastructure were ready to go,



Carlos Petersen, a maintenance worker with DPW, places storm shutters on the Welcome Center at Fort Buchanan Aug. 30.

was very professional, and they deserve the thanks of the entire Fort Buchanan community," acting garrison commander Lt. Col. Gerald R. Savage said.

He is currently the acting Garrison Commander while the garrison commander Col. John D. Cushman, completes a temporary duty assignment.

As the garrison prepares for the next bout of storms it looks to the continued guidance of one of the architects of the hurricane emergency preparedness plan, Savage. Keeping a watchful eye on the Atlantic storm tracks since the beginning of hurricane season Savage made the garrison's readiness one of his top priorities.

Under Savage's guidance the installation's directorates and tenant organizations have worked together to keep the installation ready and refine the Severe Weather response plan. Savage said that one of the key contributors to that effort is Angel Vazquez, an operations specialist with the Directorate



Photos by Luis Delgadillo

Toppled tree branches such as the ones pictured resulted in minor damage across Fort Buchanan Aug. 31.

of Plans, Training, Mobilization and Support who works in DPTMS's Emergency Operations Center. Any changes or revisions to the plan, which were recommended by garrison leadership were included in the plan by Vazquez. In the meeting with directors and Fort Buchanan leaders, immediately after Hurricane Earl, Savage declared the return to HURCON 5, effective at 11:00 a.m. However, HURCON 5 does not mean an immediate return to garrison support activities.

In fact, the garrison commander will keep support activities from resuming until confident that directorates have had time to dust themselves off and prepare for a return to customer service. To give DPW and other directorates time to prepare for a return to garrison support activities Savage ordered the post to reopen to normal support operations at 5:00 a.m. Sept. 1.

He expressed to his team the need to continue the refinement of the emergency plan due to minor shortfalls and missteps.

"Luckily this was really a small storm (for Fort Buchanan) and we're able to identify some of these things that will make it better for the next one," Savage said at the conclusion of the meeting.

Though DPW's role is vital they could not do it without the rest of the garrison workforce,

"we were able to work with all of the directorates and tenants to identify areas that needed to be reviewed and position ourselves to be fully prepared for future severe weather events," Sav-

age said. In fact, the combined roles of all of the Fort Buchanan workforce unite to face adversity when required. It is that sense of teamwork, which will carry them through the next weeks.



Above from left: Félix Colón, high voltage shop supervisor; Luis Ramos a high voltage electrician, Roberto Rodriguez an electrician and Javier Moyet also a high voltage electrician. Below from left: the carpentry shop's Martin Pérez, Héctor Adorno, the shop's supervisor and Eduardo Colón a carpenter. Both groups of men were called upon though out the night and day to address the preparation, repair and cleanup of Fort Buchanan Aug. 30 and 31.



Jesús Galves, supervisor for DPW's Operations & Maintenance division directs workers as they place shutters on the Welcome Center Aug. 30.



Fort Buchanan Police Officer Jaime De León, directs traffic Aug. 18 during one of the busiest times for vehicle congestion, when the parents come to pick up their children from school.



Photo by Luis Delgadillo



Photo by Luis Delgadillo

Myrna Llanos, a prevention specialist with the Army Substance Abuse Program, gives an annual class on the dangers of drug and alcohol use Aug. 18 at Fort Buchanan.



Photo by Luis Delgadillo

From left: Jaime Morales, a staff training specialist, Edwin Lebron, a training specialist and Melvin Barrientos a work order clerk and self proclaimed "master blaster" all with the training section of the Directorate of Plans, Training, Mobilization and Support work diligently to schedule training for tenants of Fort Buchanan Aug. 18.

Rafi Torres, a laborer with the Directorate of Public Work's Housing Division escapes the intense sunshine while operating his grass trimmer by wrapping his head in a cool T-shirt Aug. 18 at Fort Buchanan's Coconut Grove housing area.



Photo by Luis Delgadillo



Photo by Sgt. 1st Class Alfonso Flores

Above: Troops from Fort Buchanan's headquarters and Soldiers from the 1st Mission Support Command receive refresher Primary Marksmanship Instruction from drill sergeants with the 98th Training Division Aug. 21 at Camp Santiago in Salinas, P.R. As part of its primary mission of maintaining ready deployable Soldiers for mobilization, the 1st MSC conducted weapons qualification training. Right: Soldiers of the 1st Mission Support Command hand out ammunition to garrison Soldiers prior to conducting the range for troops from all over the island.



Photo by Sgt. 1st Class Alfonso Flores



Photo by Sgt. 1st Class Alfonso Flores

A range safety, from the 1st MSC kneels to observe a 1st MSC Soldier shoot to group during the zeroing portion of the M-16A2 qualification event.

Prior to grouping to zero their M-16A2 rifles Fort Buchanan headquarters and 1st MSC Soldiers wait in their firing order.



Photo by Sgt. 1st Class Alfonso Flores

Time is *running* out for contest entries to name this cheetah

ARLINGTON, Va. (Army News Service, Aug. 26, 2010) - Army Ten-Miler officials have announced that the world's fastest land animal, the cheetah, will serve as the mascot for the 26th annual race which starts and ends at the Pentagon on Oct. 24.

Since every mascot has distinctive name, race officials are conducting a first-ever "name the cheetah mascot contest" from Aug. 23 through 5 p.m. EDT Sept. 24. The contest is open to children between 4 and 14 of active-Army, National Guard and Reserve families.

The winner will receive \$1,500 in the form of a qualified 529 college savings plan provided by Health Net Federal Services, sponsor of the naming contest and of the race's youth activity zone and two popular youth runs.

"Participation from the military is such a large part of the Army Ten-Miler each year that we wanted to make something extra special for their children," Jim Vandak, the race director, said.

"We are delighted to introduce the cheetah as the new race mascot and to launch a naming contest. The newly-named mascot will be part of the race for many years to come."

There are two youth runs slated for this year's race. The first race is an approximately 100-meter run for youngsters in kindergarten through 3rd grade. The second race is a 200-meter run for children in 4th through

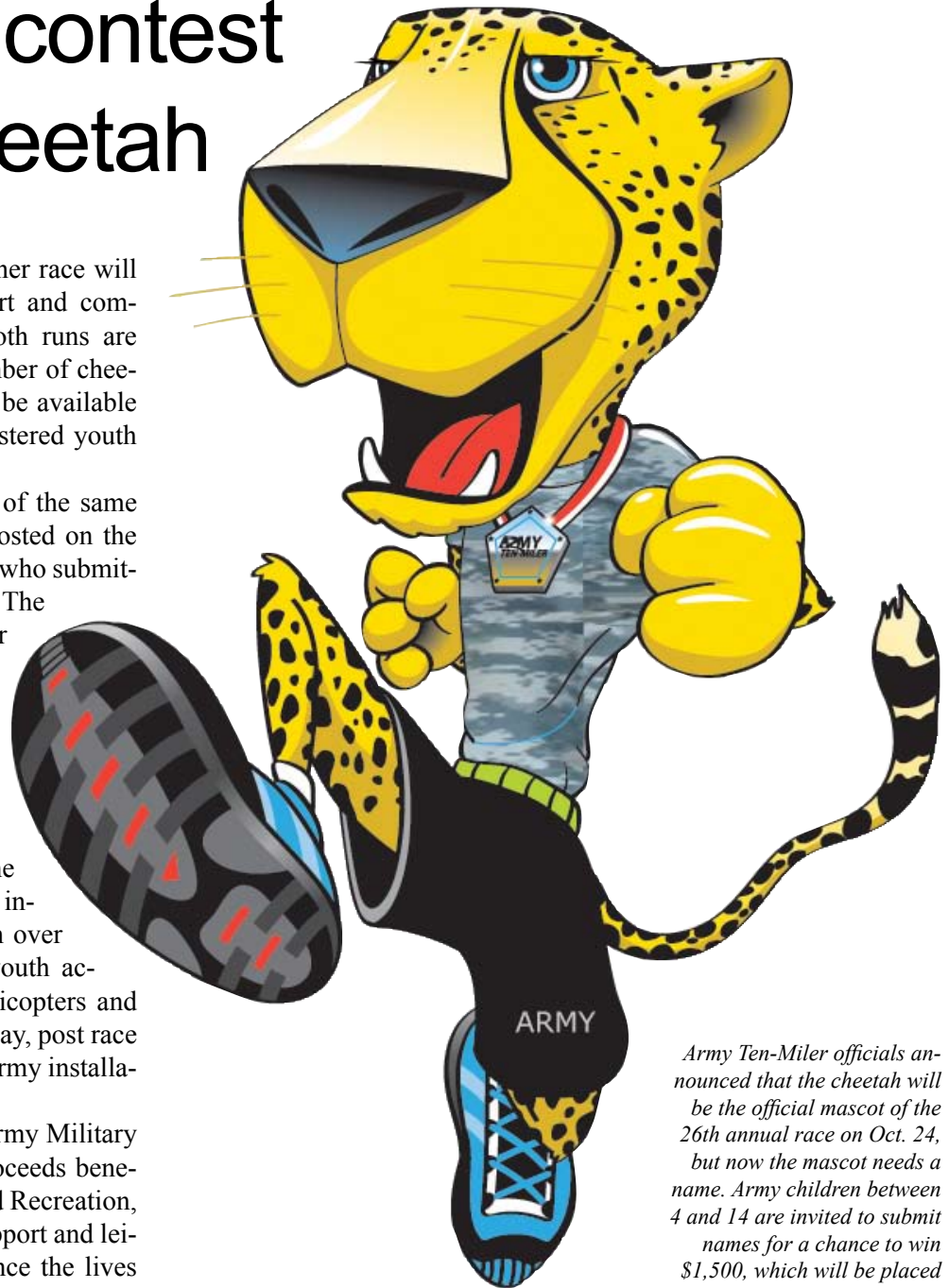
8th grades.

All children participating in either race will receive a complimentary T-shirt and commemorative finisher medal. Both runs are non-competitive. A limited number of cheetah coloring race bibs will also be available at youth packet pickup for registered youth runners.

To avoid multiple submissions of the same mascot name, entries will be posted on the race's Web site. The first person who submitted the name will receive credit. The top five names will be posted for voting and the winner will be announced Oct. 18. The winner must provide proof of age, as well as parent/legal guardian military status.

The Army Ten-Miler is the third largest 10-mile road race in the world. Race weekend activities include a two-day race expo with over 75 exhibitors, fitness clinics, youth activity zone and youth runs, helicopters and interactive Army trucks on display, post race party and HOOAH tents from Army installations around the world.

The race is produced by U.S. Army Military District of Washington with proceeds benefiting Army Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of soldiers and their families.



Courtesy Army Ten-Miler

Army Ten-Miler officials announced that the cheetah will be the official mascot of the 26th annual race on Oct. 24, but now the mascot needs a name. Army children between 4 and 14 are invited to submit names for a chance to win \$1,500, which will be placed in a college savings plan.



Reporting Actions for Puerto Rican Boa Sightings

BOA SIGHTINGS MUST BE REPORTED



REPORT TO:

DIRECTORATE OF PUBLIC WORKS

PEST CONTROL

787-407-6800 / 787-707-3894

ENVIRONMENTAL DIVISION

787-707-3508 / 3575 / 3966

DIRECTORATE OF EMERGENCY SERVICES

FIRE DEPARTMENT

787-707-3410

POLICE

787-707-3337

BOA SNAKES ARE NON-VENOMOUS AND USUALLY DO NOT BITE HUMANS UNLESS THEY HAVE BEEN DISTURBED. THESE SNAKE-BITES SHOULD BE TREATED IN THE SAME WAY AS ANY OTHER ANIMAL BITE. FIRST CLEAN AND THEN DRESS THE WOUND.

To Report: Use Boa Sighting Form #6/Nov/07 Version, which is available at the DPW Environmental Office, or call 707-3508

REPORT BOA SIGHTINGS... EVERY TIME !!!



Building Manager Fire Training

is held every third Wednesday of the month.

Training is required for building managers.

Training is conducted at building 1321, the Fire Station. To sign up for this training

or for more information Contact:

(787)707-3410 or 3520

HURCON awareness, preparedness

The Hurricane Condition (HURCON) is a five-stage readiness system that is used by all Installation Management Command Regions and Garrisons to report the likelihood of an approaching tropical cyclone and to trigger implementation of the specific protective measures.

HURCON 5: Prepare for the hurricane season (1 June- 30 November)

- Watch or listen to local news on a daily basis for tropical storm updates.
- Make an emergency family and plan to secure your property.
- Be sure trees and shrubs around the house are well trimmed.
- Clear loose and clogged rain gutters and downspouts.

HURCON 4: 96 hrs (Four days) before hurricane

- Complete any possible actions not accomplished from HURCON 5.
- Continue to listen to the radio or watch TV for further updates.
- If you have special needs, find out about special assistance services.
- Secure your home, close storm shutters and secure outdoor objects or bring them indoors.
- Update your disaster kit and keep it in a designated place and have it ready. Make sure all family members know where it is kept.

HURCON 3: 72 hrs (Three) days before hurricane

- Contact school's for emergency guidelines, such as school closure.
- Contact your employer for specific guidelines during the emergency, such as leave, activation of phone tree and access to the installation.
- If you have special needs, find out about special assistance or register with the office of emergency services.
- Take video or photos of your property. This will help later on with any claims for damage that may need to be filed.
- Continue to listen to the radio or watch TV for further updates.

HURCON 2: 48 hrs (two days) before hurricane

- Find out the location of your nearest emergency shelter by contacting the Emergency Operations Center at (787)707-3838.
- Evacuate if directed by authorities and follow their instructions.
- Continue to listen to the radio or watch TV for further updates.

HURCON 1: 24 - 12 hrs before hurricane

- Stay indoors and away from windows and glass doors.
- Close all interior doors – secure and brace external doors.
- Continue to listen to the radio or watch TV for further updates.

Landfall - 12 hours prior to, during hurricane

- Stay indoors and away from windows and glass doors and take refuge in a small interior room, closet or hallway when hurricane hits.
- Continue to listen to the radio or watch TV for further updates.

*** These guidelines are for the Fort Buchanan Community ***

Installation support activities will be closed **24 hours** prior landfall. Residents are to prepare to shelter in place for **96 hours** after landfall. Entry, exit to the installation will be closed **12 hours** prior to landfall with the only access to the installation being the PX gate.

For more information contact:

The Emergency Operations Center at (787)707-3838
In case of emergency call (787)707-5911/4911
or your local emergency phone numbers.

National POW/MIA Recognition Day

Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year, Sept. 19 this year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. The flag is to be flown at major military installations, national cem-

eteries, all post offices, VA medical facilities, the World War II Memorial, Korean War Veterans Memorial, the Vietnam Veterans Memorial, the official offices of the secretaries of state, defense and veterans affairs, the director of the selective service system and the White House.

The Defense POW/Missing Personnel Office (DPMO) establishes and oversees policies on the rescue of living Americans and the recovery of the remains of those who are MIA from foreign battle fields. Information gathered from the DPMO Web site.



Energizing kids' activities

Household Energy Conservation

A-Maze Your Mind!

Compact Fluorescent Light Bulbs (CFLs) use 70% less energy than regular light bulbs. They also last up to 10 times longer! Follow the maze through the CFL to energy savings.

START!

FINISH!

Word Search

Energy is what keeps your food cold in the refrigerator. When you stand with the door open, you're letting out all the cold air. Keep the door closed and you will use less energy! Can you find more energy words?

List of words:

- Watt
- Power
- Voltage
- Electricity
- Kilowatt
- Energy

V	Q	W	E	R	T	Y
I	O	P	A	S	D	F
N	L	K	J	H	G	
B	V	C	T	X	Z	Q
O	I	Y	T	A	R	E
P	A	S	P	D	G	F
G	H	Y	O	H	K	E
T	L	T	W	K	I	J
T	Z	I	E	B	L	N
A	X	C	R	C	O	V
W	Y	I	O	P	W	M
Q	Z	R	G	H	A	Y
M	W	T	E	R	T	T
N	B	C	V	C	T	X
Y	U	E	I	O	P	Z
T	R	L	E	Q	N	O
E	N	E	R	G	Y	U

Activities reproduced with permission of Touchstone Energy Cooperative Inc.

Reduce Fort Buchanan energy consumption ... 5 hints for you to help!

The Directorate of Public Works, Environmental Division would like to thank all military, civilian and students who have helped to promote energy conservation! But, there is so much more to do. We depend on all of you to follow up on energy conservation efforts and share this message!!!

Conserving electricity

Electricity consumed for lighting typically constitutes just under 10 percent of the household energy budget. One way to reduce that number is to replace frequently used incandescent lights with compact fluorescent light (CFL) bulbs.

These long lasting bulbs use about one third of the power required to produce the same

amount of light that is produced by a standard incandescent bulb.

Cooling

Cooling your home uses more energy and drains more energy dollars than any other system in your home. Typically, 30% of your utility bill goes for cooling. No matter what kind of ventilation and air conditioning system you have in your house, you can save money and increase your comfort by properly maintaining the air conditioners and preventing air leaks. Whenever upgrading your equipment make sure to select energy-efficient products such as the ones labeled as Energy Star certified equipment.

Gourmet savings

Using the right sized pot on stove burners can save about

\$36 annually for an electric range, or \$18 for gas.

Covering pots and pans also helps you cook more efficiently and keeps your kitchen cooler at the same time.

You can reduce cooking energy by as much as 80 percent when using your microwave for small portions in stead of the range, this also helps save on air conditioning costs in summer, since less heat is generated when compared to using your stove or oven.

Use appliances efficiently

The refrigerator is one of those kitchen appliances that consumes too much electricity so use it wisely. Open the door only briefly and adjusting the "Cold" control according to the manufacturer's directions and clean refrigerator coils at regular intervals.

Use the moisture sensor feature present in the new clothes dryers; do not use timed drying. Clean the lint filter after each load; it will increase energy efficiency and the air circulation.

Do not forget the basics

Turn off lights and other appliances when not in use or when you are out of the house. This is one of the easiest measures to save electricity and slash electricity bills.

Unplug seldom-used appliances and chargers when you are not charging.

Use power strips to switch off televisions, computers, home theater equipment, and stereos when you are not using them. Even when you think these products are off, together, their "standby" consumption can be equivalent to that of a 75 or 100 watt light bulb running continuously.

Dot to Dot

When you leave on electronics like video games and televisions when you aren't using them, they use up extra energy. Connect the dots to find out what else uses up extra energy.



Step out of the office, into fun



Fort Buchanan's Fitness Center is one of the Directorate of Family and Morale Welfare and Recreation's most widely used facilities yet classes such as this one in which fitness instructor Marielly Alfonso (bottom center) spins Aug. 19 are more widely attended by military retirees and service members than by any other group of community members.

Despite supervisor support, garrison civilians are still missing the opportunity to workout while at work.

Story and photos by Luis Delgadillo
Fort Buchanan Public Affairs Office

As Installation Management Command ratchets up its promotion of fitness by encouraging members of the workforce to participate in the DoD Fitness Challenge, members of the Fort Buchanan fitness community team are taking

steps to improve the health culture here.

Among those in the lead is Roberto Fernández, the fitness center manager who actively promotes staying healthy.

After all, it's part of his job but instead of trying to get everyone to rush to the gym, Fernández instead wants people to change the way they think of their fitness.

"If they integrate it into their normal everyday life or at least be conscious about it ... at least have a regimen of maybe (exercising) three to four times a week, it will definitely help you out in the long run," he said.

While it may sound like he's just trying to get people off the couch, Fernández makes a valid argument about overcoming mental obstacles.

For many workers going to the gym at the end of a long workday can seem like too much of a hassle but in the long term the benefits far outweigh the minor inconvenience of packing a gym bag before heading out the door for work in the morning.

Fort Buchanan is even willing to give its employees a kick in the pants so they can

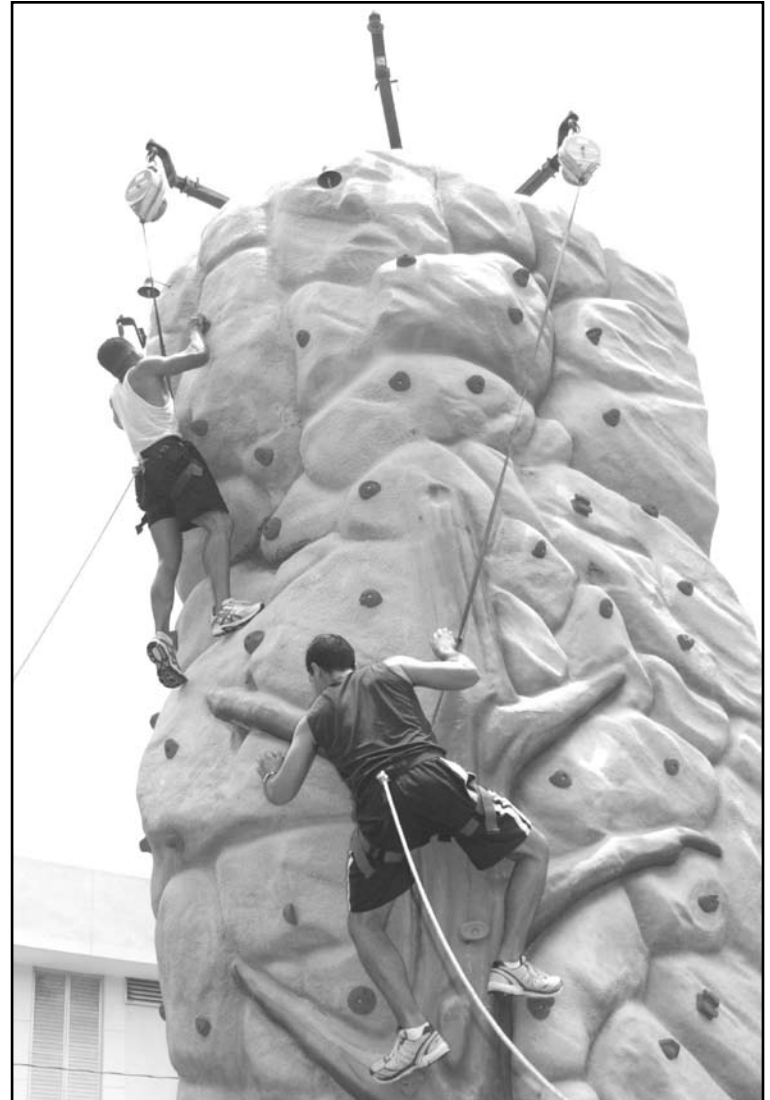
develop good fitness habits.

One of the ways they can do that is by participating in the DoD's Civilian Employee Wellness program. The program commonly known as the civilian wellness program allows for a garrison civilian employee to enroll in a health and exercise program during a six month period.

During the six months, participants utilize three hours of their actual work week to check in with staff at the gym and begin a process, which will enable the individual establish routines they can perform on their own. As long as supervisors sign off on their employees participating in the program there aren't any barriers to developing good fitness.

Fernández said that in order for anyone to change their attitude about health they must begin to slowly integrate exercise into their daily thought processes. Fernández and his staff are fully prepared to begin implementing the wellness program they just need participants.

Furthermore, he said that in the next month he will take responsibility of space in the



Civilian employees have the opportunity to participate in events such as this one, which took place Aug. 19. Fort Buchanan community members cycled for 30 minutes and took turns climbing for 60 minutes.

new Community Activity Center where he will move all of the fitness center's cardio machines.

So as the gym expands the excuses available for not participating in the wellness program diminish.

Some supervisors might feel that they cannot possible afford to release an member of their staff to exercise three hours a week but Gunnar Pedersen, deputy to the garrison commander said that the Fort Buchanan leadership fully

encourage members of the civilian workforce to participate in the wellness program.

A healthier workforce even translates to more efficient workers.

"When people feel a lot healthier they show up to work a lot more, also they get more of a sense of ownership of their own bodies. So by being in control, your productivity level should improve because you are there more, you are less tired," Fernández said.



Roberto Fernández secures a climbing harness on Haiyen Sung, as she prepares to scale outdoor recreation's climbing wall.



Racquetball players play at the fitness center.



Photo by Luis Delgadillo

Roberto Rodriguez an electrician with the Directorate of Public Works shows firefighter Héctor Rivera how to shut off the appropriate breaker Aug. 11. Firefighters from the Directorate of Emergency Services were called when a malfunctioning light switch began to smoke. DPW electricians arrived and began repairs after firefighters deemed the area safe.



Photo by Luis Delgadillo

Gunnar Pedersen, deputy to the garrison commander and acting commander; Lt. Col. Gerald R. Savage provide a welcome briefing Aug. 17 for Maj. Gen. Steven Abt, deputy commander for Acquisitions Command and Brig. Gen. Leslie Purser, deputy chief Army Reserve.



Photo by Luis Delgadillo

Tomás García, motor pool supervisor and Alva Ortiz, the transportation officer, went right to work putting up storm shutters Aug. 30 as Hurricane Earl approached Fort Buchanan. As García put the shutters in place Ortiz hammered the bracket into place, together they took care of section shown here before workers from the Directorate of Public Works arrived to help finish the job.

DPW urges immediate stop to feeding of invasive bird species

Bird feeding leads to the spread of disease and damage

Story by Alicia Navedo
For Fort Buchanan Public Affairs

According to the Fort Buchanan Integrated Pest Management Plan, habitat modification must be conducted in order to eliminate food and water supplies in order to help reduce the pigeon, and grackle pest population. Non-native birds can be incredibly destructive, and a great number of installations have banned bird feeding to minimize the problem.

The DPW-Environmental Division highly recommends to the Fort Buchanan Community to please cooperate in reducing these potential problems by not feeding the birds.

The droppings deface buildings and can also kill vegetation. The pungent odor and unclean appearance is unpleasant to passing pedestrians and customers. Economic losses can be significant, due to the need to clean droppings, repair damages, and perform maintenance to ensure safe working conditions. In addition, feathers can plug ventilation units and can cause other problems including health hazards.

Fort Buchanan's Ecological Management Plan has adopted the State Regulation Number 6765 of February 11, 2004 Regulation to Rule The Conservation And Management Of Wildlife, Exotic

Species And Hunting In Puerto Rico (Section 7.07 part A) to control exotic animals on the installation.

This section states that invasive species such as the grackles (changos) and pigeons are considered harmful, allowing the entrapment and destruction year round. The installation's Integrated Natural Resource Management Plan encourages control of non-native and nuisance species in order to maintain and improve the diversity of native and desirable flora and fauna.

Some birds cause excessive damage to property, buildings, automobiles, and machinery. Current locations that are being affected are the Welcome Center, PX, PXtra, Communications Center (bldg. 376), and the Water Spout.

Center (bldg. 376), and the Water Spout.

Pigeons and Grackles can transmit a number of diseases such as Histoplasmosis, Pigeon ornithosis, Salmonella, Cryptococcus, toxoplasmosis, and encephalitis. These birds can host numerous ectoparasites as well, such as ticks, flies, fleas, mites and biting lice. These ectoparasites infest buildings and can bite humans and pets. For additional information, please contact Ms. Alicia M. Navedo Núñez, Environmental Conservation Manager, at e-mail Alicia.navedo@us.army.mil or telephone 787-707-3508.

Keep your garbage to yourself

Improper disposal of trash is dumping and dumping is against the law.





Capt. Patrick Vazquez receives a hand drawn farewell gift from his two sons Aug. 2 prior to the elder Vazquez's mobilization to the horn of Africa with his unit the 402nd Civil Affairs Battalion.

402nd CA begins deployment to Africa

Story and photo by Rosy Irizarry
For Fort Buchanan Public Affairs

On Aug. 2 the 402nd Civil Affairs Battalion held a farewell ceremony at 1st Mission Support Command's Ramos Hall. The civil affairs Soldiers were deploying to the Horn of Africa in support of a humanitarian mission.

The battalion has been at Fort Buchanan for two years.

Assisting in the mission will be communications specialists medical professionals who will be providing medical assistance to include: ophthalmologists, dentists, pediatricians and even veterinarians.

The 402nd will have command and control and run the HQ for all Soldiers, Marines, Navy and all military

stationed there. They will be working with the embassies, survey infrastructure to meet community needs with the host Nation

They will be implementing the three D's Develop, Diplomacy and Defense. They will be training African military teaching them to be professional Soldiers.

In 18 months the 402nd became fully operational and deploying "due to the quality of the Soldiers" as said by their Commander Lt. Col. Jeffrey Jurasek.

There will be a total of three groups from the 402nd that will be deploying, this group was the first, for a total of 90 Soldiers to be stationed there.

Fort Buchanan's Preparedness Corner

Are You Prepared for Emergencies or Disasters?



People with special needs

If you or someone close to you has a disability or special needs, you should make special preparations in case of an emergency. Those with physical disabilities could have increased complications during an evacuation. Those with visual, hearing or mental disabilities may be especially fearful and reluctant to leave familiar surroundings. Others with medical conditions may be dependent on devices or medications that need to travel with them. To adequately prepare for every possible emergency situation, consider making the following arrangements.

Preparing for an Emergency

- Check for hazards in your home and workplace.
- Discuss your needs with family members, neighbors, coworkers and those who manage your office or apartment.
- Make sure those around you know how to operate any necessary equipment and where it is stored. Label equipment and attach instructions as a backup.
- Have a list with the types and models of any equipment or devices you need.
- If you use electrical equipment, plan how you will deal with a power outage, for instance, keeping a manual wheelchair for use if your electrical wheelchair becomes inoperable.
- Consider having backup equipment stored at your evacuation location or places where you spend a lot of time.

- Know more than one location of a medical facility that provides the services you need.
- Add any necessary supplies such as wheelchair batteries, catheters, oxygen, medication, food for service animals or other supplies to your emergency kit.
- Do not assume that you or your loved one has been factored into an evacuation procedure. Let others know of your specific requirements.
- Make the necessary preparations and know what needs to happen during an emergency.
- If you are physically disabled, study the evacuation procedure of any building from which you might evacuate.
- Request your office or housing building install clear visual and audio alarms and signage indicating accessible exits.
- Arrange for someone to communicate essential information to you during an emergency if you are hard of hearing or visually impaired.
- Consider getting a medical alert system that allows you to call for help in case you are immobilized.
- If you receive care through an agency, ask about its plans to provide care during and after an emergency.
- Prepare any instructions you need to give rescuers or others who may be around you. Use concise verbal directions, or carry written instructions with you at all times. Practice the instructions.

Legal notice of records availability

Former Camp Buchanan Training Area Military Munitions Response Program Site Investigation Administrative Record File

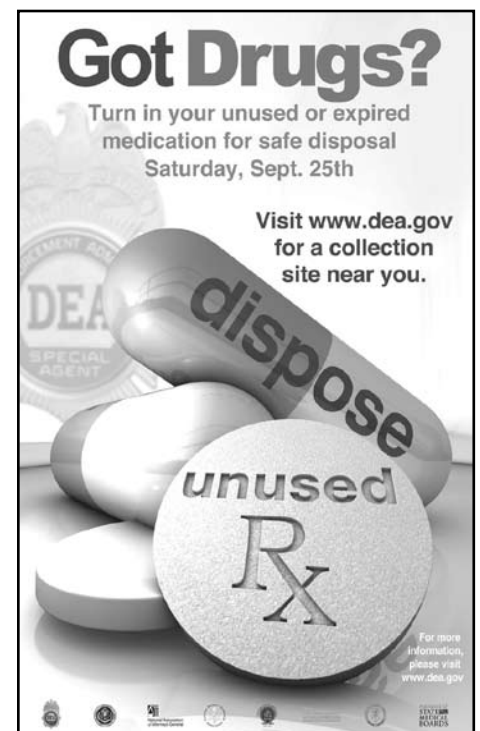
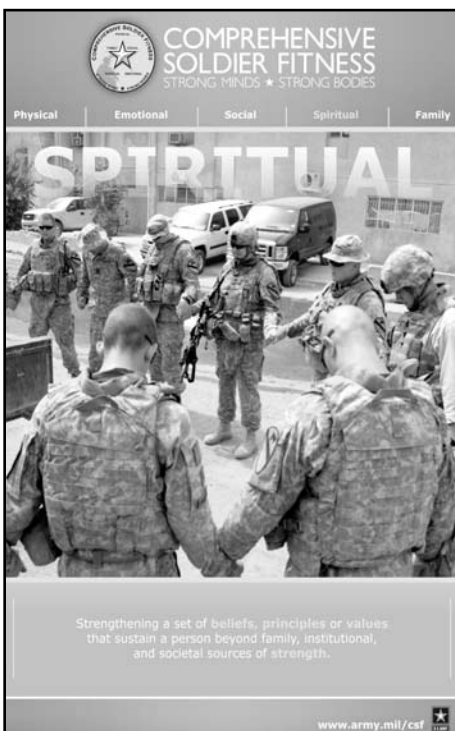
In compliance with the Comprehensive Environmental Response, Compensation and Liability Act, (CERCLA), 42 U.S.C. §9601 et seq. (1980), Fort Buchanan is currently investigating the former Camp Buchanan Training Area site under the Military Munitions Response Program (MMRP) to provide the framework for clean up actions of past activities at the area. The site encompasses some 32 acres of land which includes the western half of the golf course, Maxi Williams Jr. baseball field, the 1300 buildings area, and portions of the limestone hill located northwest from these areas.

As required by the Section 117 of the CERCLA Act, public disclosure and participation must be sought. For this reason, a public review copy of the Munitions Response Site (MRS) Administrative Records File will be kept at the Carnegie Public Library, San Juan, PR, third

(3rd) floor, Reference Room, for review of all interested citizens until the signing of a Record Of Decision (ROD) has been performed for a period of 30 calendar days upon publishing of this notice.

There is an additional Administrative Record file maintained inside Fort Buchanan for its tenants viewing purposes; and is presently located at the Department of Public Work (DPW), 81 Miles Loop RD, Building Rm. 18, Fort Buchanan, P.R. 00934.

For additional information regarding the MRS, please contact: Mr. Anibal Negron, Acting Chief, Directorate of Public Works, Environmental Division, Miles Loop Rd., Building 81, Rm. 19, Fort Buchanan, P.R. 00934-4572, at telephone 787-707-3575 or e-mail anibal.negron1@us.army.mil.





U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing Citizen Soldiers



390th Trans shines in the Exercise "SPOC Train 10"



By Sgt. 1st Class Alfonso Flores
1st Mission Support Command Public Affairs

From July 31 to - Aug. 14, the 390th Transportation Company participated in the exercise "SPOC TRAIN 10" along with eleven other units at Fort Eustis, VA.

This exercise allows Soldiers to use

their military occupational skills in a realistic environment where they can see from beginning to end the duties of a true Seaport Operation Center.

It is a great opportunity for all Soldiers to get hands on mission essential tasks, specific, collective and individual training to conduct Seaport Debarkation Operations.

Brig. Gen. Fernando Fernández, 1st Mission Support commanding general, went to visit his Soldiers and see the entire operation and was very pleased with the level of enthusiasm and motivation his troops were displaying.



1st MSC holds strong bonds event at Westin Rio Mar resort



On July 22-24 the 1st Mission Support Commands Chaplain's Office held a mega single/marriage Strong Bond event at the Westin Río Mar Resort in Río Grande, P.R. to support

couples by providing them the necessary tools needed to strengthen and develop long lasting relationships.



What are the odds?



In-laws meet for first time in Iraq

By Dimaris Hernández
For 1st Mission Support Command Public Affairs

Dimaris Hernández, wife of Sgt. Jose Acevedo from the 35th Signal Battalion, has a very unique story. She has an older brother, Neftali Hernández, on her father's side who lives in the US. Six years ago he joined the U.S Army and got stationed in Germany where he met his wife. It just so happens that Hernández's husband is also in the Army and is currently deployed to Iraq. Given the distance and the nature of Army life the family had been in contact less and less as the years went by.

Since then, Hernández and her sister in law have been keeping in touch through Facebook.

One day Hernández received an e-mail from her sister in law telling her that her brother was in Iraq. Immediately, she began sending him e-mails to give him support and let him know how things were in Puerto Rico.

Through her correspondence with him she found out that he was stationed at the same base that her husband was located. Very excited and happy she coordinated for her brother and husband, after so many years, to finally meet in Iraq!



U.S. Army Reserve
1st MSC
Fort Buchanan, Puerto Rico

Promoting, Recruiting and Growing Citizen Soldiers



215th MP Det. fires off a few for history

By Capt. Héctor L. Prieto

For 1st Mission Support Command Public Affairs

The 215th Military Police Law and Order Detachment conducted their second firearms marksmanship event this year at the Puerto Rico Police's Isla de Cabras range in June. This is also the second time in less than a year that the detachment, also known as the Enforcers, used the range to train and qualify with their assigned rifles, pistols, and the 12-gauge shotgun. Isla de Cabras is located at one of the entry points of the San Juan bay, opposite of El Morro and the Fortress of Santa Catalina.

As a law and order detachment, the 215th MP Soldiers are often tasked to conduct garrison police missions, convoy escorts and protective security details in addition to their assigned military police investigation and traffic accident investigation missions.

Before daybreak, the Soldiers were moving their personnel and weapons in a convoy to Isla de Cabras, setting up targets and filling up sandbags.

The 215th did not train and qualify alone; in the spirit of selfless service, the 215th ran M-16A2 zero and qualification ranges for some Soldiers from the 1st Mission Support Command who had missed their chance at Salinas, and also ran the M-9 pistol qualification ranges for many Soldiers from other units before training and qualifying their own troops.

The assistance and support of the PR Police in allowing the 215th use their facilities demonstrated how much can be accomplished through alliances and teamwork.

"I am here for you, and these facilities are yours to use whenever you need them," said PR Police Lt. Ramon Miro,



Photos by Sgt. Omar Torres

Soldiers engage targets with their M-16A2's during zeroing range.

Chief of Marksmanship and Shooting Ranges for the Police of Puerto Rico.

Support came from many players. The 393rd Combat Sustainment and Support Battalion made sure the beans and bullets were available to the Soldiers. Hot meals were delivered straight to the range, where participants were able to pause, eat and continue to shoot.

"It was such a morale booster to eat a hot meal during lunch. You have no idea how that beats eating an MRE (Meal Ready to Eat) in Salinas," said Sgt. Alvin Torres, who was also commended by the 1st MSC Safety Manager, Carlos Alvarado for his eye on safety throughout the event.

Staff Sgt. Andrés Jiménez, the Detachment NCO pointed out "Soldiers enjoy training in valuable skills and doing their job hands on, not through a computer; that is why the unit has had such great

participation and attendance numbers."

There is a lot of history to this place. A small fortress, the Fortín San Juan de la Cruz was built there in 1609 by the occupying forces of Spain. The small fortress was only accessible by ship, because it was in the middle of the bay.

In it, artillery pieces maintained a crossed sector of fire with the guns of El Morro preventing enemy ships from entering the San Juan bay. After 1785 the fort was abandoned by Spain. Isla de Cabras was then developed and by the US Army in 1943 as ammunition and explosives depot, and a qualification range.

That same year the Army engineers built the causeway road that now connects Isla de Cabras to Cataño and Toa Baja, and extended the island to the San Juan de La Cruz Fort. In 1949 the US Army transferred Isla de Cabras and the San Juan de la Cruz Fortress to the National Park Service, and in 1962 the weapons qualification ranges were ceded to the Police of PR.

The Enforcers demonstrated their high level of motivation and skill in all events without having any accidents or adversities. After a busy weekend all equipment was recovered, tents and targets were taken down.

Upon returning to Fort Buchanan all weapons, equipment and personnel were accounted for and Soldiers went home to their loved ones. Satisfied they rested knowing they had written a little piece of history in a place where big battles were fought as part of the history and heritage of the island of Puerto Rico.

215th MP Detachment sets record for safety during AT

Enforcers mark completion of training with fun in the sun

By Capt. Héctor L. Prieto

For 1st Mission Support Command Public Affairs

The 215th Military Police Detachment performed their annual training duties at the Military Ocean Terminal Sunny Point (MOTSU) located near Southport, N.C. during the month of July.

The 215th MP Det., which goes by the name Enforcers, was entrusted with the security of critical facilities while assigned to the Department of Defense and Department of the Army Police in that location. While the mission was second nature to the Enforcers, having performed these duties in Fort Buchanan, Puerto Rico, in Fort Richardson, Alaska and in the Army facilities in Hohenfels, Vilseck, and Graffenwoehr, Germany, the 215th Soldiers outdid all previous units' standards and established their own.

The detachment also established a perfect record of safety during their tenure at MOTSU. The first day on duty the 215th Soldiers received several briefings, including a safety brief by the MOTSU Operations Commander, Lt. Col. Jesse McCurley, who stressed the importance of safety, not having had a single unit perform their 14-day cycle without an accident. This was not the case for the 215th MP Soldiers, who did not have a single accident during their 14 day mission, nor were there any adverse incidents at any given point during the mission.

Soldiers manned gates, searched vehicles, verified documents, patrolled the facilities and enforced traffic, all without a scratch or dent to personnel or property. In addition to all these duties on ground, the detachment also conducted boat patrols on the shores of the facility. As part of the boat crew the MPs assisted in the enforcement of maritime regulations for MOTSU.

The 215th MP Det. closed their annual training with a fun run at Oak Island beach. Starting early in the morning and after a warm-up and stretch, the ENFORCERS ran alongside the beach from the pier located next to their living quarters to the Oak Island Lighthouse, located 2.5 miles down the beach. The ocean breeze, the sand and the waves made the run a memorable one for the Enforcers.



Last of the OIF units returning



On 4 Aug., at Luis Muñoz Marín airport in San Juan, Soldiers of the 166th Regional Support Group arrived happy and well after being deployed for one year in Iraq. Laughter and cheers were all that was here once the Soldiers stepped out of the baggage claim area where their loved ones were anxiously waiting to hug and kiss their heroes.



Photos by Sgt. 1st Class Alfonso Flores



On 14 Aug., the Rear Operation Center detachment or better known as the ROC DET 1 arrived at Luis Muñoz Marín airport in San Juan, after a successful mission in Iraq. Family members and friends along with the local press made these heroes feel right at home.